

Dialectical Behavioral Therapy

Our Adolescent Dialectical Behavior Therapy (DBT) is a full-model, evidence-based program for teens living with:

- **Suicidal thoughts**
- **Self-harm**
- **Volatile emotions**
- **Impulsivity**
- **Anxiety**
- **Depression**



Our Adolescent DBT program includes both weekly individual and skills group sessions.

Free for teens in St. Louis County!

*Call 314-533-8200 to schedule an intake session
Saturday appointments are available*

**Call for
details!**

Providentstl.org



Provident, Inc. - South Office

11222 Tesson Ferry Road

St Louis, MO 63129

314-898-0102